



"BREATHE: Minimizing Stress to Maximize Life!"

with Andrea Sandhu, Certified Nutrition & Wellness Specialist and Registered Yoga Teacher

Be Here Now

- Prioritize, recognize your limits, don't overwhelm yourself (it is okay to say "no" sometimes!)

Breathe & Stretch

- Stretch when muscles are warm
- Try not to stay seated in one place for more than an hour at a time
- Wrist circles, backwards shoulder rolls (posture), side reaches open ribs/lungs, isometric core training (low back problems etc),
- Breathing techniques ("pranayama"): belly breathing, conscious breathe with pause, kapalbhati (cleansing).

Cycles of Change

- Different stages – mentally ready for change
- One thing at a time, 21 days to form a habit, your new normal, define your "why"

Strategies to Increase Wellness & Manage Stress

- Commit to one thing at a time, 21 days to form a habit, becomes your new normal, define your "why"

Overall Balance

- As much as possible do not bring work home
- Adequate sleep – minimize external distractions about 1 hour before bed (no TV!)
- Try not to waste energy on worrying about things you can't change!
- Drink enough water (8 glasses = 4 bottles(500ml)/day)
- Healthy eating
 - Start the day with full breakfast!
 - Be sure not to eat too soon before heading to bed
 - Variety of colours in fruits and veggies, range of vitamins could mean increased mental functioning (B12, etc.)

Questions & Answers

Andrea Sandhu, Owner & Director of Trinity Training | Yoga.Nutrition.Fitness Inc.
Telfer BCom, NWS, PTS, FIS, PFS, RYT®200 & Rainbow Kids Yoga, PMI 1, Spinning® Instructor
Zumba® Basic 1, Basic 2, Gold, Toning, Sentao™, Zumbatomic®
Zumba® Education Specialist & International Fitness Presenter
CPR Level C & Standard First Aid Certified

Andrea's experience teaching and training over the last 9 years at many different facilities in Ottawa and the Greater Toronto Area has enabled her to effectively work with people of all fitness and health levels as well as different age groups and abilities.

In 2009, she was selected as 1 of only 6 in Canada to represent Zumba Fitness and has since trained instructors in India, the Netherlands, Finland, UK, Australia and New Zealand, and Denmark. She continues to train across Canada, and is a featured presenter at multiple major fitness conferences in Orlando and Toronto.

Certified by the internationally renowned Canadian Association of Fitness Professionals and recognized by the Yoga Alliance as a 200hour Registered Yoga Teacher, Andrea has helped thousands of individuals discover the joy of exercise, adopt a healthier lifestyle, and achieve their goals through the philosophy of the "health trinity" that being healthy is not only about being physically active, but it is also about seeking nutritional balance and balance within your self. Andrea is devoted to keeping up with current trends and research in health and fitness. She is constantly seeking new ideas, participating in a variety of workshops and classes, and travelling the world to develop her skills.

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